

Full Report (All Nutrients) 09284, Plums, canned, purple, heavy syrup pack, solids and liquids

Report Date: June 30, 2017 23:51 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:5% Refuse Description: Pits

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 258g	1 plum with liquid 46g
Proximates						
Water	g	76.06	8	0.226	196.23	34.99
Energy	kcal	89	--	--	230	41
Energy	kJ	372	--	--	960	171
Protein	g	0.36	8	0.011	0.93	0.17
Total lipid (fat)	g	0.10	8	0.000	0.26	0.05
Ash	g	0.24	8	0.011	0.62	0.11
Carbohydrate, by difference	g	23.24	--	--	59.96	10.69
Fiber, total dietary	g	0.9	--	--	2.3	0.4
Sugars, total	g	22.31	--	--	57.56	10.26
Minerals						
Calcium, Ca	mg	9	8	0.633	23	4
Iron, Fe	mg	0.84	8	0.177	2.17	0.39
Magnesium, Mg	mg	5	--	--	13	2
Phosphorus, P	mg	13	--	--	34	6
Potassium, K	mg	91	8	5.127	235	42
Sodium, Na	mg	19	8	1.945	49	9
Zinc, Zn	mg	0.07	--	--	0.18	0.03
Copper, Cu	mg	0.037	--	--	0.095	0.017
Manganese, Mn	mg	0.031	--	--	0.080	0.014
Selenium, Se	µg	0.0	--	--	0.0	0.0

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 258g	1 plum with liquid 46g
Vitamin C, total ascorbic acid	mg	0.4	7	0.060	1.0	0.2
Thiamin	mg	0.016	7	0.001	0.041	0.007
Riboflavin	mg	0.038	7	0.004	0.098	0.017
Niacin	mg	0.291	8	0.013	0.751	0.134
Pantothenic acid	mg	0.072	--	--	0.186	0.033
Vitamin B-6	mg	0.027	--	--	0.070	0.012
Folate, total	µg	3	3	0.938	8	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	3	3	0.938	8	1
Folate, DFE	µg	3	--	--	8	1
Choline, total	mg	1.3	--	--	3.4	0.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	13	8	3.164	34	6
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	142	--	--	366	65
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	26	--	--	67	12
Vitamin A, IU	IU	259	8	63.286	668	119
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	49	--	--	126	23
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	0.46	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	4.3	--	--	11.1	2.0
Lipids						
Fatty acids, total saturated	g	0.008	--	--	0.021	0.004
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 258g	1 plum with liquid 46g
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.007	--	--	0.018	0.003
18:0	g	0.001	--	--	0.003	0.000
Fatty acids, total monounsaturated	g	0.066	--	--	0.170	0.030
16:1 undifferentiated	g	0.001	--	--	0.003	0.000
18:1 undifferentiated	g	0.065	--	--	0.168	0.030
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.022	--	--	0.057	0.010
18:2 undifferentiated	g	0.022	--	--	0.057	0.010
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Threonine	g	0.008	--	--	0.021	0.004
Isoleucine	g	0.007	--	--	0.018	0.003
Leucine	g	0.010	--	--	0.026	0.005
Lysine	g	0.008	--	--	0.021	0.004
Methionine	g	0.003	--	--	0.008	0.001
Cystine	g	0.002	--	--	0.005	0.001
Phenylalanine	g	0.008	--	--	0.021	0.004
Tyrosine	g	0.003	--	--	0.008	0.001
Valine	g	0.009	--	--	0.023	0.004
Arginine	g	0.006	--	--	0.015	0.003
Histidine	g	0.006	--	--	0.015	0.003
Alanine	g	0.013	--	--	0.034	0.006
Aspartic acid	g	0.114	--	--	0.294	0.052
Glutamic acid	g	0.017	--	--	0.044	0.008

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 258g	1 plum with liquid 46g
Glycine	g	0.006	--	--	0.015	0.003
Proline	g	0.016	--	--	0.041	0.007
Serine	g	0.009	--	--	0.023	0.004
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0